

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: LIFECARE CENTER EAST (dba Options for Women East)

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Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

For the period: July, August, September 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings		Budgets were tracked, staff provided with training on identifying and sourcing resources for clients experiencing domestic abuse. We had two positive pregnancy test clients this quarter who were experiencing domestic abuse. Resources for safe shelters were provided and both her given professional counseling referrals. One of the women created an exit plan with our nurse.	
Outreach	Program staff will network within the community to provide education regarding our services		Staff met with representatives of Breaking Free to share our services and learn how we can better serve women experiencing sex trafficking.	
Crib Distribution/ Sleep Safety Education	Provide Safe Sleep Education	8	This quarter we asked our pregnant clients to imagine if they gave birth today, where would the baby sleep? The majority of clients responded saying they would bed share with the mom and or dad. This is why we go over the safe sleep education information with every positive pregnancy regardless of Cradle of Hope application. Most of our clients feel that bed sharing is better than the alternative of sleeping on the floor, when in reality neither of these should be an option. By finding this out early, we have time to apply with Cradle of Hope or work with them to earn a Pack n Play or come up with a plan to have others purchase or donate a safe sleeping space for their baby. This information is vital to all pregnant	59

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			parents to understand and share with anyone watching their baby.	
Life-Skills Education Program	Provide life-skills education	12	This quarter one of our clients, who is a recovering addict, joined our education classes and fell in love with the life coaching aspect of our sessions. As we discovered her values and set her intention, she saw herself looking forward on how to accomplish her goals and tackle difficult tasks connected to her pregnancy. She found the courage to communicate with the father of the baby about her concerns on visitation and newborn care. Once she dealt with each situation, her pregnancy become easier and was able to shift her focus to her 3 year old and the upcoming delivery. By allowing her the freedom to choose what she needed to do and how she would follow through, our role become one of walking alongside her and giving support when needed. She learned once again how to stand on her own.	73
Mentoring Program	Provide prenatal and parenting education in an incentive program	12	One of my favorite videos to show clients is, In the Womb, by National Geographic. I will show this video early on in the first trimester to give the clients a sense of what the baby is doing during the pregnancy. This video, while visually stimulating and medically accurate, gives an amazing view of the baby from the point of view of the baby. One of my clients, was fascinated by the father of her baby and his curiosity at what the baby knows, learns and develops during the pregnancy. This creates a bonding experience between the baby and the parents that may change the way they view the pregnancy.	76
Nutrition	Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins	30	Prenatal vitamins were provided to each woman who had a positive pregnancy test	66

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Pregnancy Education	Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care	30	Our nurse provided education on Alcohol / Drug cessation, the importance of early entry into prenatal care and benefits of taking prenatal vitamins. 7 women who noted on their intake forms that they had neither insurance or a doctor who met with our nurse and received this information entered into our Prenatal Care Program this quarter.	68
Pregnancy Testing	Provide program eligibility assessment, pregnancy counseling and testing	50	Of the 83 pregnancy tests were provided women this quarter, 45 had positive pregnancy tests. 19 of these were teenagers.	83
Ultrasound	Provide ultrasounds, education and counseling	30	Our sonographer provided sonograms for four women this quarter who during their initial intake stated they would choose abortion if they were pregnant. All four requested further services after the ultrasound exam during which they saw their baby's beating heart. Three signed up for our prenatal program.	66

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	NA
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	55
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	55
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	55
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	59

Challenges:.

Comments: Our prenatal program is growing steadily. We are currently looking for a third doctor to volunteer their services so we can continue to meet the need without having women wait more than 4 weeks to have their first prenatal. Our goal is that each woman would be seen within three weeks of their positive test. Our doctors will see them as early as 7 weeks Imp and schedule an hour for the first prenatal appointment in order to assure they receive all the support and education necessary to have a healthy pregnancy and deliver a healthy baby.